

"I would rather be fat and happy, than miserable on a diet".



When I started as a police officer in 1996, I weighed in at 210lbs. In May of 2004, I tipped the scale at 236lbs. At 32 years of age and 5'9", I knew that I needed to reduce my weight, and get into better shape to reduce my chances of injury on the job, and prevent any health problems that are associated with obesity.

My motto in the past when talking about diets was "I would rather be fat and happy than miserable on a diet".

May 1st, I started the Atkins diet and stayed on the induction phase until October. I then modified the diet to a high protein, moderate carbs, low fat diet, and added weight lifting and cardio exercises. I also read all of the WOW memos and frequented the web page for tips and updates. Today I weigh in at 177lbs and feel great. I am working out every other day and eating healthy. I have received several comments from friends and family about my appearance and wellness.

I am proud of my accomplishment. I shared the story so that others can see that they too can do it too. I have coached a few people here in the Saginaw-Bay office, and they are on track and feeling better. I really believe in this, and am willing to do whatever it takes to spread the word.

Thank you for all of your hard work on the WOW website and memos. All of it really works, especially when you develop a positive mental attitude, and get 'hardcore' about getting in shape.

D/Sgt. Richard Thompson
MDEQ-Office of Criminal Investigations
Saginaw-Bay District

